

Youth

One stop TAY Center

316 East E Street,
Ontario, CA 91764
909-983-4466
njafari@mhsinc.org

Serves youth and young adults
ages 16-26, O, MH

Pacific Clinics Child and Family Services

909-625-7207
pacificclinics.org

Focus on children and their
families

Reach Out West End

909-982-8641
we-reachout.org

Youth Development, Substance
abuse prevention, parenting.

Adults

Catholic Charities

909-388-
1239
ccsbriv.org

Family and community
services, counseling, Refugee
& Immigration Services

OliveBranch Counseling Center

909-989-9030
www.olivebranchcounseling.org

C, MH, F, Y, A

Pacifica Recovery Services Inc.

909-597-5700
pacificarecovery.com

ADS, Eating Disorders, O, A, Y

El Sol Neighborhood Educational Center

909-884-3735
elsolnec.org

SP, A, Y, F, ADS, MH, Jump
Start: English/ Literacy
program provides
opportunities to adults of
all nationalities no matter
immigration status

Legends of Services

A- Adult	Y- Youth
S- Senior	I- Inpatient
O- Outpatient	P- Prevention
R- Residential	F- Family
D- Directory	HC- Healthcare
V- Veterans	SP- Spanish Offered
ADS- Alcohol & Drug Services	MH- Mental Health Resources

Checking in on a friend or loved one can go a long way in making a difference in their life - It can help save a life.

Mental health is a top community health priority for the City of RC, and we want to encourage you to take these steps in starting the conversation:

1. Find a time to talk privately and share why you're concerned. Ask questions that call for more than just yes/no or one-word response and really listen.
2. Offer hope and support. Let them know that struggling with mental health is quite common and that people can and do recover.
3. Share resources and offer information about where to find help.
4. Follow-up. Ask the person how you can help, and follow their lead about what is helpful.

If you or someone you know is struggling emotionally or having a hard time, call the **24-HOUR NATIONAL SUICIDE PREVENTION LIFELINE AT 1-800-273-8255**. For emergency housing, food, and other mental health resources, CALL 211, or VISIT 211.ORG.

If you are interested in breaking the stigma of mental health and getting involved with mental health strategies visit www.HealthyRC.com



Healthy RC Mental Health Resource List



www.healthyrc.com

Hotlines & Text

Alcoholics Anonymous 909-825-4700 aa inlandempire.org	A, Y, ADS
Anonymous Crime Hotline 909 987 5005 wetip.com	
Child Abuse Reporting Hotline 1-800-827-8724 www.sbcounty.gov	
Community Crisis Response Team 909-458-1517 wp.sbcounty.gov/dbh	A, Y, F, MH, P
Crisis Text Line Text HOME to 741741 from any where in the US, anytime, about any type of crisis. www.crisistextline.org	
National Domestic Violence Hotline 1-800-799-7233 www.thehotline.org	SP
National Runaway Safeline 1-800-786-2929 www.1800runaway.org	
National Suicide Prevention Lifeline 1-800-273-8255 suicidepreventionlifeline.org	
Rancho Cucamonga VA Clinic 909-946-5348 www.lomalinda.va.gov	Primary care for Veterans, counseling
Substance Abuse and Mental Health Services Administration 1-800-662-4357 www.samhsa.gov	Behavioral health treatment locator and resources
Veterans Crisis Line 1-800-273-8255 and Press 1 or Text: 838255 www.veteranscrisisline.net	Resource locator, online chat, text or call
National Alliance on Mental Health (NAMI) Helpline 1-800-950-6264 or Text: "NAMI" to 741741 www.nami.org	Answers mental health questions and finds local support groups and programs

Mental Health Service Providers

211 San Bernardino County Dial 211 1-888-435-7565 www.211.sb.org	Referrals to: H, Y, F, MH, HC, V, S
Member Services: Access & Referral; 888-743-1478 wp.sbcounty.gov/dbh	Referrals to MH, responds to urgent conditions
CrisisWalk-In Clinic 909-421-9495 wp.sbcounty.gov/dbh	A, Y, F, MH, O
His House Treatment Centers (For Men and Women) (877) 345-4138 hishouserehab.com	R, MH, ADS
Inland Empire Health Plan (IEHP) 800-440-4347 www.iehp.org	HC, SP
Mental Health Systems: Central Valley Regional Recovery Center 909-433-9824 www.mhsinc.org	P, O, R, Y, A, S, V
Molina Healthcare 855-665-4627 www.molinahealthcare.com	HC
South Coast Community Services 877-527-7227 www.sccs4kids.org	MH, C, Y, A, O, P, SP, R for all ages
Upland Recovery Center 909-949-4667 www.inlandvalleyrecovery.org	A, Y, F, I, O, C, ADS, R; Y: O, C, ADS; F: ADS, C
West End Family Counseling Services 909-983-2020 www.wefcs.org	A, Y, F, O, D, S, SP

Community resources

Rancho Cucamonga Resource Center (909) 477-2781 www.cityofrc.us	Abundant Living Family Church 909-987-7110 www.alfcrancho.church
Archibald Library 7368 Archibald Avenue Rancho Cucamonga, CA 91730 909-477-2720 www.cityofrc.us	Paul A; Blaine Library 12505 Cultural Center Dr. Rancho Cucamonga, CA 91739 909-477-2720 www.cityofrc.us

California Lifeline Program
1-866-272-0349
www.californialifeline.com

Affordable Housing & Shelters

Housing Authority County of SB 909-890-5360 ww2.hacsb.com	R, SP
Foothill Aids Project 909-884-2722 fapinfo.org	R, MH
Homeless Outreach Support Team 909-421-4633 www.sbcounty.gov	R
Option House/ Domestic Violence Intervention and Prevention 24-hr crisis intervention hotline: 909-381-3471 www.optionhouseinc.org	Confidential emergency and temporary shelter, S
Salvation Army 909-888-1336 www.bernardino.salvationarmy.org/	Call in Advance for a bed available. Intakes women, married couples and women with children. S, D
Seniors	
Community Senior Services 909-621-9900 communityseniorservices.org	Support groups, community connections, grocery shopping
James L. Brulte Senior 909-477-2782 www.cityofrc.us	County department of aging and adult services, transportation, real estate counseling.